

Anger: Learning To Cool Down Without Blowing Up

"Chill Out", Part 1 of 3
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I. Is It Getting Hot In Here?

What Causes Us To Get Angry?

- a. STRESS
- b. OPPOSITION / CRITICISM
- c. DISRESPECT
- d. THREATS
- e. FAILED EXPECTATIONS

The source of angry behavior is in THE HEART. (Luke 6:43-45)

II. Lava Begins Flowing From The Core

The Biblical Perspective Of Anger

- a. Did God ever get angry? YES

But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. [Psalm 86:15](#) (NIV)

- b. Is it wrong for you to get angry? NOT NECESSARILY

"In your anger do not sin"... [Ephesians 4:26a](#) (NIV)

The Big Difference: God CANNOT SIN in His anger.

It is difficult NOT TO SIN in your anger.

III. The Volcano Is Active

The Effects Of Our Ungodly Anger

- a. Destroys RELATIONSHIPS and damages PEOPLE

Proverbs 21:19; [Proverbs 29:22](#); [Proverbs 22:24](#)

- b. Decisions become IRRATIONAL

[Proverbs 14:17](#); Proverbs 14:29; Proverbs 16:32; Proverbs 19:19; Proverbs 29:11; Ecclesiastes 7:9

- c. Develops into SIN AND JUDGEMENT

Psalm 37:8; Psalm 4:4; [Matthew 5:22](#); Galatians 5:19-21

IV. Cool Down Before You Blow Up

Handling Anger In A Godly Manner

- a. Memorize key Bible verses

Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. James 1:19-20 (NIV)

- b. Take a one minute fast –

1. Stop
2. Be quiet
3. Connect with God

He said to them, "Come with me by yourselves to a quiet place and get some rest." Mark 6:31b (NIV)

- c. Ask yourself three little questions –

1. Is my anger a reaction to sin or injustice?
2. Is my anger focused on God and His concerns?
3. Is my anger being expressed in a godly manner?

A man of knowledge uses words with restraint, and a man of understanding is even-tempered. [Proverbs 17:27](#) (NIV)

- d. Ask others to hold you accountable

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another... Hebrews 10:24-25 (NLT)

- e. Do not let your anger fester

Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26b-27 (NIV)